



Congee Recipe

Congee is a rice gruel that is eaten in many Asian countries. It is particularly useful for people or animals that are ill or have little appetite because it is easily digestible and soothing to the stomach. Many things can be added to congee to make a more complete meal. Below is the basic recipe.

Ingredients:

1 cup long grain white rice

1 minced chicken breast (can be boiled or baked first so mincing is easier)

½ teaspoon minced fresh ginger root

4 quarts water

Cook on low heat all day on the stove, in a crock pot, or in a rice cooker. Add water as needed. The end product should look like gruel. Other ingredients can be added to this base if more nutrients are needed. The most important aspect is having no chunks; everything should be cooked down to liquid so it can be lapped up or easily swallowed.